



WIC News

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CONTENTS:

PAGE 1

• Breastfeeding



• The Colors of Health

Page 2

• Healthy Eating tips during the Holidays

• Recipe Corner

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Storage Durations of Fresh Human Milk

Location	Temperature	Duration	Comments
Countertop, table	Room Temperature (up to 77 degrees F or 25 degrees C)	6-8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep the milk cooler
Insulated Cooler Bag	5-39 degrees F or -15-4 degrees C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bags
Refrigerator	39 degrees F or 4 Degrees C	5 days	Store milk in the back of the main body of the refrigerator
Freezer			
Freezer compartment of a refrigerator	5 degrees F or -15 degrees C	2 weeks	Store milk towards the back of the refrigerator,
Freezer compartment of refrigerator with separate doors	0 degrees F or -18 degrees C	3-6 months	where temperature is most constant. Milk stored for longer
Chest or upright deep freezer	-4 degrees F or -20 Degrees C	6-12 months	Durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality

The Colors of Health

FIBER: Shown to decrease risk of coronary artery disease.
Ex: navy beans, kidney beans, black beans, pinto beans, soybeans, split peas, chick peas, black eyed peas, lentils, and artichokes.

FOLATE: May reduce a woman's risk of having a child with a brain or spinal cord defect. Ex: black eyed peas, cooked spinach, great northern beans, and asparagus.

POTASSIUM: May help to maintain a healthy blood pressure. Ex: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, and prune juice.

VITAMIN A: Keeps eyes and skin healthy and helps to protect against infections. Sweet potatoes, pumpkin, carrots, spinach, turnip greens, kale, collard greens, winter squash, cantaloupe, and red peppers.

VITAMIN C: Helps heal cuts and wounds and keep teeth and gums healthy. Ex: red and green peppers, kiwi, strawberries, sweet potatoes, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, and cauliflower.



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Healthy Holiday Eating Tips

Cut the Sweetness. When making pumpkin pie or eggnog, reduce the amount of sugar by half and enhance "sweetness" by adding a bit more vanilla, nutmeg, or cinnamon. If recipes calls for sugary toppings like frosting, janes, and syrup, use fresh fruit instead.

Shake the Salt Out. You can reduce salt in half in most recipes too. Also go easy on salty condiments, such as pickles, catsup, mustard and soy sauce. Instead offer cucumber slices and fresh tomato or fruit salsas. Or try lower sodium versions of mustard and soy sauce. In recipes, substitute fresh herbs and flavored vinegars for salt.



Trim the Fat. In baked goods you can cut the fat by about half and replace it with unsweetened applesauce, prune puree or mashed banana. Instead of full fat condensed milk, use condensed skim in pumpkin pie and eggnog. For heavy gravy, heat fat-free, low sodium broth (or drippings with the fat removed); mix flour into cold skim milk and pour slowly into broth, stir until thickened and season to your liking.



Recipe Corner: Pumpkin Crunch

INGREDIENTS

1 (15oz) can pumpkin puree
 1 (12oz) can fat-free evaporated milk
 3/4 cup Sugar
 1 teaspoon ground cinnamon
 2 egg whites
 1 large egg
 1 (16oz) package sugar-free yellow cake mix
 1/2 cup pecans
 4 Tablespoons cold butter, cut into small pieces

DIRECTIONS

Preheat the oven to 350 degrees F.
 Spray a 9 X 13-inch baking dish with nonstick spray.

Whisk the pumpkin puree, evaporated milk, sugar, and cinnamon into a large bowl until well mixed. Add the eggs whites and egg, whisking until well blended.

Scrape the batter into the baking dish.

Sprinkle the cake mix evenly over the batter to cover completely.

Scatter the nuts and butter pieces over the top

Bake, uncovered, until a toothpick inserted in the center comes out with a few moist crumbs attached, 45-50 minutes.